



## Hanns Sachs Library Newsletter Spring 2020

### Director of Library

Dan Jacobs, MD

### Librarian/Archivist

Olga Umansky, MLIS

### Systems and Resource Administrator

Drew Brydon, MLIS

### Library Committee

James Barron, PhD  
Ellen Goldberg, PhD  
Delia Kostner, PhD  
Malkah Notman, MD  
Marcia Smith-Hutton, LICSW, BCD  
Rita Teusch, PhD  
Shari Thurer, ScD  
Steven Varga-Golovcsenko, MD

"Don't leave your room" Joseph Brodsky suggests in his poem that our librarian, Olga Umansky, describes below. You can't go to a restaurant these days or the gym or hug your friend. You can't even pay a visit to the BPSI library. But thanks to Olga and the BPSI staff, we can come to you. The library is working remotely during the quarantine, mailing books to members who request them, and helping those with research and writing projects. To keep you busy at home there are books we recommend below as well suggestions for TV series and interviews to watch, audios to listen to and faces to identify in our archival photos. We are here for you, eager to help, and waiting for the day you return your library loans in person.

~ *Dan Jacobs, MD, Director of the Library*

## Found in Translation

Joseph Brodsky wrote this Russian chant fifty years ago. Some thought it mocked the absurd reality outside his Leningrad apartment, while others read it as a reproach to internal exiles popular among Soviet intellectuals. The poem is funny and bitter and brutally beautiful. Its much beloved quote "it's not exactly France outside" still perfectly describes the world in many places, whether in reference to politics or the weather. When our planet shut down to deal with the pandemic, "Don't Leave Your Room..." resurfaced and went viral in the Russian blogosphere. A British journalist and writer, Thomas de Waal, recently published a new English translation, nicknaming it "the Virus poem":



### Don't Leave Your Room...

*by Joseph Brodsky. Translated by Thomas de Waal*

Originally posted on the [Pushkinhouse.org blog](https://pushkinhouse.org/blog)

Don't leave your room, don't commit that fateful mistake.  
Why risk the sun? Just settle back at home and smoke.  
Outside's absurd, especially that whoop of joy,  
you've made it to the lavatory--now head back straight away!

Don't leave your room, don't go and hail a taxi, spend,  
the only space that matters is the corridor, its end  
a ticking meter. She comes by, all ready for caressing,  
mouth open? Kick her straight out, don't even start undressing.

Don't leave your room, just say you have the influenza.  
A wall and table are the most fascinating agenda.  
Why leave this place? Tonight you will come home from town  
exactly as you were, only more beaten down.

Don't leave your room. Go dance the bossa nova,  
shoes without socks, your body bare and coat tossed over.  
The hallway holds its smells of ski wax and boiled cabbage,  
writing even one letter more is excess baggage.

Don't leave your room. Do you still look handsome?  
Just ask the room... Incognito ergo sum,  
as petulant Substance once remarked to Form.  
It's not exactly France outside. Don't leave your room!

Don't be an idiot! You're not the others, you're an exclusion!  
Choreograph the furniture, essay wall-paper fusion.  
Make that wardrobe a barricade. The fates require us  
to keep out Cosmos, Chronos, Eros, Race and Virus!

1970

*~recommended by Olga Umansky*

Check out the [original post](#) with translator's commentary. You can listen to the Russian audio recording read by the author [here](#). Image retrieved from [this site](#).

---

## In the Library

The 2011 Kravitz Award recipients, **Ann Epstein, MD, and Sarah Birss, MD**, talk about their work applying psychoanalytic and developmental principles in training therapists to do psychotherapy with parents and infants. Their conversation was recorded in the library on Jan 31, 2020 - click on the video to watch. This and other video interviews are also [posted here](#).



## Books by Mail, New Online Resources, Recent Work:

Our library, one of the few of its kind, is still shipping books to members. [Click here](#) to see the library catalog list of 2020 acquisitions or browse the catalog for a book you need. We are asking members to limit their requests to two books per package. Recent publications by BPSI Authors are featured in the [Recent Work](#) blog, new journal articles are featured biweekly. Remember to share your publication news with the library!

---

## Meet the Author

**Joan Wheelis, MD**, will discuss her new memoir [The Known, the Secret, the Forgotten](#) with Steven Ablon, MD, and Andrea Celenza, PhD via a **Webinar Meet the Author on Tue, Jun 2, at 7:30-9pm**.

Just a few spots left - [REGISTER](#) today to attend this webinar live! Recording will be available.

*A limited number of autographed books are on sale for \$20. If you wish to order the book by mail prior to the event, select "Register and Purchase a Signed Book" from the drop-down menu at registration.*



Both of Joan Wheelis's parents were distinguished psychoanalysts. *The Known, the Secret, the Forgotten* re-creates her childhood in a series of jewel-like vignettes. At age six, she began spying on her father's office door through a small latticed window, eager to catch a glimpse of the mysterious patients who needed his help. On summer road trips to Puget Sound, her father would warn her of the dangers of self-deception, once scolding her for "acting falsely" when she waved at a truck driver through the rear window. The New York Times has shortlisted Wheelis's book for the [best memoirs of 2019](#).

### About the Panelists:

**Joan Wheelis, MD**, is a BPSI Training and Supervising Analyst and an Assistant Clinical Professor of Psychiatry at Harvard Medical School. She is on the clinical faculty at both Massachusetts General Hospital and McLean Hospital and is the Founder and Director of Two Brattle Center. Joan has a private practice in Cambridge, MA. She is the author of several book reviews and articles on psychoanalytic treatment and DBT, and is one of the editors, with Joseph Shay, of *Odysseys in Psychotherapy* (Ardent Media, 2002).

**Steven L. Ablon, MD**, is a Training and Supervising Adult and Child Analyst at BPSI and an Associate Clinical Professor of Harvard University Medical School at Massachusetts General Hospital and a poet. He is a winner of an Academy of American Poets Prize and the author of [five books of poems](#). Dr. Ablon's psychoanalytic writings include numerous articles on child analysis, dreams, technique, play, and children literature as well as two edited books: *The Development and Sustenance of Self-Esteem in Childhood* (1983) and *Human Feelings: Explorations in Affect Development and Meaning* (1993).

**Andrea Celenza, PhD**, is a Training and Supervising Analyst at BPSI, Faculty at the Massachusetts Institute for Psychoanalysis, and Assistant Professor, part-time at Harvard Medical School. She is a Co-Director of a [\*blended, online program in Psychoanalytic Studies\*](#) sponsored by William James College and the author of: *Sexual Boundary Violations: Therapeutic, Supervisory and Academic Contexts* (2007), *Erotic Revelations: Clinical Applications and Perverse Scenarios* (2014). She is in private practice in Lexington, MA.

## 2020-2021 EVENTS TO LOOK FORWARD TO:

- **Steven Ablon, MD**, will read poetry from his new book [\*Dinner in the Garden\*](#) on **Tue, Oct 6, 2020**.
- **John Martin-Joy, MD**, is planning to talk about his book [\*Diagnosing from a Distance: Debates over Psychiatric Ethics, Media, and Libel Law from Barry Goldwater to Donald Trump\*](#) (Cambridge University Press, 2020) on **Mon, Jan 11, 2021**.
- **Nancy Chodorow, PhD**, will discuss [\*The Psychoanalytic Ear and the Sociological Eye: Toward an American Independent Tradition\*](#) (Routledge, 2019) on **Tue, May 4, 2021**. Meanwhile, you can listen to [\*Nancy Chodorow's recent interview\*](#) on the New Books in Psychoanalysis podcast.
- **Judy Kantrowitz, PhD**, will present her new book, a collection of essays on the patient and analyst match, on **Mon, Sep 27, 2021**.

---

## In the Archives

### Recent Inquiries and Research

**Jolanta Czartoryska, PhD**, a lawyer and historian from Rzeszów, Poland, requested Helene Deutsch's materials as well as Sanford Gifford's writings about Marian Putnam, Felix Deutsch, and emigre analysts. Dr. Czartoryska is working on a Polish translation of Paul Roazen's book *Helene Deutsch: A Psychoanalyst's Life* (1995). She is the author of a historic fiction, *Odejsc w cien* (Walk Away, 2012), as well as many papers about Helene Deutsch. Dr. Czartoryska's dissertation concerned parliamentary activities of Herman Lieberman, the leader of Polish Socialist Party who was close to Helene Deutsch in her youth. In 1910, Helene accompanied Lieberman to the International Socialist Congress in Copenhagen. Among other materials, BPSI Archives hold a manuscript of Helene Deutsch's [\*note\*](#) on Rosa Luxemburg and Angelika Balabanoff, two charismatic revolutionaries she had met and befriended at that Congress. *Helene Deutsch, photograph by Babette Wipple*.



### Helping BPSI Archives from Your Living Room

Homebound, but fascinated by historic documents? The BPSI Archives invites you



to help identify people in the old photographs without leaving your home. Following in footsteps of [many US archives](#) during the Covid-19 pandemic, we posted five archival photographs taken on the steps of the Mass Mental Health Center in the 1970's-1980's. [View the album](#) and let us know if you can recognize anyone or know the date of the picture. Leave your comment under the photo or email your findings to [library@bpsl.org](mailto:library@bpsl.org). You can see what we already know by clicking on the "i" button located on the right top of each photo screen. Click on the image below to access the album.



## Audio Recordings of APsaA 2020 Meetings

The BPSI Archives hold audio recordings of many sessions of the APsaA 2020 National Meetings in New York. Free access is available to our members and partners. The conference audio archive includes plenary addresses by Robert Jay Lifton and Carol Gilligan, the Oral History Workshop on the Group Psychology and the Analysis of Ego, "The Play's the Thing" child analysis session chaired by James Herzog, MD, "Navigating the Paradox in the Language of Achievement and the Language of Substitution" session chaired by Dolan Power, PhD, "The Peter Loewenberg Essay Prize in Psychoanalysis and Culture" session chaired by Murray Schwartz, PhD, and many others. [Click here](#) to see the full list of audio files and email [library@bpsl.org](mailto:library@bpsl.org) to request access.

---

## What Are We Reading?

### Elena Ferrante's Neapolitan Novels

Reading Elena Ferrante's Neapolitan tetralogy is a bit like listening in on a psychoanalytic session. Her characters' thoughts, emotions and dialogue are raw, unfiltered. Her novels trace the course of a complicated, intense, volatile relationship between two women over six decades, starting in impoverished Naples in the early nineteen fifties. Violence is a steady undertone in this Camorra-tainted city. Both women transcend their smothering, abusive early environments, though not without deep emotional scars. Elenu, the educated narrator, believes that unschooled Lila, a feral cat of a woman, is her muse. Who is whose "brilliant friend," (*My Brilliant Friend* is the title of the first novel), is ambiguous. Elenu and Lila mutually introject each other, so while they are ferociously competitive, they are ferociously attached. Their friendship trumps lovers, children, husbands, mothers, cities, social class. It is a compelling story, psychologically realistic and emotionally gut-wrenching.....not Jane Austen, but her underbelly.



~ reviewed by Shari Thurer, ScD

## What Are We Watching?

### “Unorthodox” TV series on Netflix

“Unorthodox” is a four-part mini-series loosely based on a memoir by Deborah Feldman. Ms. Feldman successfully left the Satmar Hasidic sect, which is considered one of the wealthiest and most powerful communities in Williamsburg. The film's protagonist, Esty Shapiro, prepares, at the age of 19, for her escape from Yanky, her husband, who has asked for a divorce because of her infertility. Esty's departure creates a scandal. She must be brought back to her community at all costs. After consultation with the head Rebbe, her immature husband Yanky and Moishe, a prodigal son with a penchant for gambling and booze, go to Berlin to bring her back home. In some ways, this mini-series reminds me of a thriller. The portrayal of the wedding and other rituals is accurate in its depiction of both the beauty and the stifling rules infused in daily living. I found the scene when Yanky and Esty met for the first time evocative of developmental issues of adolescents. Yanky tells Esty that his father took him and his brothers to Europe to visit the graves of famous Hasidic Rabbis. Esty asks him if they visited anywhere else. Yanky responded that he had asked his father if they could go to Paris, but his father said “no”. In the same scene, Esty is encouraging of his wish, “maybe another time.” She also lets him know that she is different than the other young married women in the community. In some ways, Yanky's ability to share his wishes and her response would not be considered unusual for adolescents.



Since Deborah Feldman was able to get a college degree and become a successful author, I was curious to learn more about her life. I read her memoir *Unorthodox: The Scandalous Rejection of My Hasidic Roots* (Simon & Schuster, 2012). Because Deborah was an only child, her devoted grandmother was able to give her a lot of love and attention. It appears, her grandmother tacitly gave her psychological space and opportunities to explore Williamsburg beyond the boundaries of the Hasidic community. Although it was not discussed between them, it is likely her grandmother knew of her granddaughter's access to the public library and her love of reading. Years of attention meant better ego development and energy. Feldman's exposure to literature and ability to negotiate a life beyond the walls of her Hasidic community served her well. Esty of the TV series was similarly lucky: unlike other girls, she had an exclusive love and full support of her grandmother. An average number of kids in a typical Hasidic family can be anywhere from 8 to 12 children, so many youngsters are less likely to get such exclusive attention. This love, however, is constraint by the cultural norm that insisted the needs of the community prevail over personal desires. I believe the rigidity of the community is reinforced by the Holocaust inter-generational trauma. References to Holocaust are invoked in the scene of the Passover prayer and many times throughout the film.

Only 2 to 3 percent of young Hasidic adults leave their community. Unfortunately, they find it very difficult to break away, because they do not have the financial resources. Since they go to private schools that primarily teach Yiddish and Torah to males and only Yiddish and marital duty to girls, women have limited capacity

to support themselves. Without an understanding of broader social and cultural values, they struggle in the American society. Women who dare to leave the community either loose custody of their children or end up with limited visitation rights as they cannot afford high quality lawyers. From what I have found thus far, Deborah Feldman is the only post-Hasidic woman who has been able to gain full custody of her child.

Having been raised in the Orthodox Jewish community post World War II, I was always aware of the variety of ways Jewish beliefs were celebrated. Some, like my family, verged on conservatism, while others were extremely Orthodox. Esty reminded me of teenage girls that I worked with in the past. They had feisty rebellious personalities and pushed the envelope trying to follow their own desires rather than rigid rules of their communities. I continue to be interested in the complexities of the Hasidic families who all too often resort to defensive denial in order to protect family secrets and the primacy of the group.

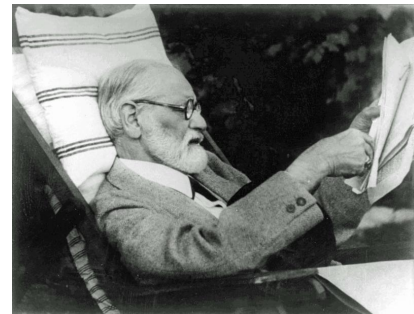
~ reviewed by Ellen Goldberg, PhD

---

## In the Media

### Freud's Birthday "At Home"

May 6, 2020, marked Sigmund Freud's 164th birthday. The Freud Museum in London, closed to public like everything else this spring, observed the date by publishing a series of photographs, artifacts and archival documents showing how Freud celebrated his birthdays in 1930, 1931, 1932, 1933, and 1934. The museum [web site](#) shows pictures of several birthday gifts, including a Greek vase from Marie Bonaparte given to him in 1931. Freud thanked princess Marie with a note "...it is a pity one cannot take it into one's grave," and, *voila*, the vase holds his ashes now. An earlier museum post "[Freud At Home](#)" featured his relics, specifically focusing on the history of his desk, filled with rows of Greek, Roman, Egyptian and Chinese statuettes - his "tools of thoughts" according to Marina Warner, the museum guide. Since Freud worked and lived in the same place, it is comforting and easy to imagine him staying at home, like all of us. *The photograph of Freud reading in a chaise lounge, probably taken by Bertram Lewin in 1926 in Vienna, was donated to the BPSI Archives by Jeremy Nahum, MD.*



### IPA Year of Shorts - Spring Selections

The IPA in Culture Committee, chaired by a BPSI member, Cordelia Schmidt-Hellerau, PhD, made 2020 a Year of Shorts. Every month, they post a link to a new short film, hoping you will "watch these films, and be touched, puzzled, enchanted, intrigued, stirred or inspired." The March 2020 selection was "[The Trailer](#)" (2010) by the Argentinian artist, Nicola Constantino, selected by Gabriela Goldstein, Buenos Aires. The latest April post features "[FISHEYE](#)" (1980) by Josko Marusic, a member of a world-famous group of artists known during the period of former Yugoslavia as the *Zagreb School of Animation* (1956-1991). Stanislav



Matacic (Zagreb, Croatia) who selected this film points out that "this suspenseful short, created 40 years ago, may seem almost prescient today as we are struggling with the raging coronavirus pandemic. Evoking shock and horror, it confronts us with the power of nature." All film descriptions as well as films can be found [here](#).

---

## Thank You!

We would like to thank all members who donated their block subscription refunds to the library this year. Your support keeps the library thriving, your generosity is much appreciated in these unprecedented times! We are deeply grateful to Michael Caplan, Deborah Choate, Jack Foehl, Mark Goldblatt, Dan Jacobs, Stephen Kerzner, Frances Lang, Dan Mollod, Malkah Notman, Dean Solomon, Monty Stambler, Rita Teusch, and Julie Watts for donating their journals to the library. Also greatly appreciated are recent donations of books by Susan Walton and Julia Reade. With funds established by Morton and Raisa Newman many years ago, we continue building our child analysis and neuropsychology collections. Our Gifford fund helps to purchase books on the history of psychoanalysis.

